



“Beginner Fruits for a Baby”



Beginner Fruits for a Baby or Toddler

A baby's first introduction to solids is a momentous day!

There is nothing more healthy than an home-made fruit or vegetable. Its the only way that you know that there are no horrible hidden preservatives and other colouring or flavours added. You know exactly what your toddler is eating and you can control the tastes and spices accordingly.

- Poached Apple sauce
- Creamy Pear Sauce
 - Healthy Kiwi Mash
- Apple and Pear Dessert
 - Apple & Pear Duet
 - Berry & Pear Duet
 - Banana Breeze
 - Baked Pear Custard
- Grandma's Baked Apple Custard

Enjoy your Baby's first Taste Sensations !





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Tips Tips for a those first Fruit sensations and tastes

- Most purees can be cooked and frozen immediately in portions that are "just right". Get yourself a set of those small Tupperware or similar plastic containers and off you go.

Remember to label the containers with the contents and the date.

You can quite safely keep them for up to 2 months in the deepfreeze

- Try introducing your baby to one new flavour at a time. Fruit puree is usually first as it is so easy to digest.

You will be amazed at how quickly your toddler will progress on to yummy veggies and other combinations.

- Did you know: In addition to perking up the flavor of the vegetables, mint is well-known calmativ, and can help relieve baby's painful gas or colic.

- To make a puree use a liquidiser or blender but you could use a fork or a masher, or you could also push it through a sieve.

- Try combinations that have similar cooking times e.g. peaches and pears.

- Purees can be made by steaming, boiling or microwaving the fruit. Drain the fruit very well otherwise you will end up with a runny mess.

- You could substitute the water in a recipe with milk or formula to boost the nutritional value. Or use half water, half milk.

- Smooth cottage cheese or even plain drinking yogurt creates wonderful combinations. Nutritional value goes sky high!

- Brown rice (or white) is, surprisingly, a great addition to any fruit puree.

Depending on your baby's skill at chewing, puree the rice to the smoothness he can handle.

- Add some wheat germ for an extra nutritional punch.

Remember that vitamin C helps the body absorb more iron.

There is vitamin C in the kiwi and iron in the infant cereal and wheat germ.

- Defrosting of purees is always best done the slow way - in the refrigerator.

So plan ahead for the next day and take out what you need the night before.

Otherwise a gentle defrost in the microwave, before reheating should be fine - don't cook it again or warm it up until it has defrosted properly.

- **Have a look at our Smoothie and Milkshake Recipes for even more ideas for toddler's first meals.**

Just modify the quantities in most of the recipes and you have wonderful fruit "purees" for your toddler.





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Poached Apple sauce

Keep plenty of this sauce on hand. You'll find it will become a staple in your freezer.

Some tasty additions to this fruit puree are ground nutmeg or cinnamon and other pureed fruits such as bananas, pears, apricots, or plums can be slowly added once your toddler becomes used to the Applesauce.

- 6 medium apples (McIntosh or Rome Beauties), peeled, cored, and thickly sliced

Steamer method: If you have a steamer, place the apple slices in a steaming basket large enough to hold them comfortably, and set the basket in the pan. Lower the heat, cover the pan, and steam until the apples are tender, about 6 minutes.

Poaching method: place 1 inch of water in a pot that is large enough to take all the apple slices so that they are all submerged in the water. Bring to the boil and then simmer gently for about 5-8 minutes until they are soft.

Transfer apples to a blender or food processor and process to the consistency you want.

Freeze any puree that you are not using right away.

Creamy Pear Sauce

- 1 ripe pear
- ½ cup milk or baby formula OR ½ cup water

Simmer on low in a small saucepan until soft, about 15-20 minutes. If using milk, watch that it doesn't boil over.

Mash or puree the fruit.

Variation: Add a teaspoon or two of plain yoghurt to boost the nutritional value.

Healthy Kiwi Mash

- 1 kiwi
- 1/4 cup cottage cheese
- 1/4 cup infant oatmeal or multi-grain cereal
- a teaspoon maple syrup (optional)

Dice or mash a kiwi with fork.

Add cottage cheese, infant oatmeal or multi-grain cereal, and a little maple syrup (optional).

****Variations:**

Add some wheat germ for an extra nutritional punch. Remember that vitamin C helps the body absorb more iron. There is vitamin C in the kiwi and iron in the infant cereal and wheat germ.

You can also use banana or peaches; instead of cottage cheese, you can use yogurt. Banana adds iron, but not much vitamin C, so serve with orange juice or some other high vitamin C juice

Apple and Pear Dessert

- 2 cooking apples
- 1 pear
- 1 egg yolk
- 1/2 tsp lemon juice
- 1 tsp brown sugar
- 1 tsp of water or apple juice
- Dash of cinnamon

Peel, remove core and dice the apples and pear into small pieces.

Add the lemon juice and water (or apple juice).

Simmer on low in a small saucepan until soft, about 20 minutes.

Mash or puree the fruit.

Whisk in the egg yolk and sugar until smooth.

Bake in oven at 350 degrees for 15 min or until set. Cool before serving.

Apple & Pear Duet

- 1 Sweet Dessert Apple
 - 1 Ripe pear
 - 3 Tablespoons boiled water
- Peel, core and roughly chop fruit.

Simmer for 10 minutes until soft and press through a sieve





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Berry & Pear Duet

- 1 handful of one of the these berries: Strawberry, Blueberry or Mulberry
- 1 Ripe pear
- Sugar (to taste - but not too much)
- 3 Tablespoons boiled water OR baby milk formula or whole milk

Peel, core and finely chop fruit (so that the pear cooks in the same time as the berries.

Simmer for 10 minutes until soft and press through a sieve

Banana Breeze

- ½ Ripe Avocado
- ½ Ripe Banana
- Plain Yoghurt - even drinking yoghurt - to get the consistency your toddler can handle.

Mash together half an avocado, along with half a banana and a tiny pot of baby yoghurt (Danino would probably be good) for a quick and nutritious dessert.

Give it a twist:

You could substitute papaya for the banana. Like the other ingredients, papaya doesn't require cooking.

OR swap the avocado for blueberries:

Wash 50g of fresh blueberries, then place them in a pan, cover and cook until soft and purée into a smooth mixture

Baked Pear Custard

Cooked egg white in custard should be fine for most babies of this age. If you are concerned, separate the yolk from the white of the egg.

- 1/2 cup pear puree
- 1/2 cup milk
- 1 large egg

Preheat oven to 180c and grease a small ovenproof dish.

Spoon the pear puree into the bottom of the dish

Beat together the milk and egg and pour over the pear puree.

Stand in a small roasting tin with hot water halfway up the dish and bake for 20-30 minutes, or until set

Grandma's Baked Apple Custard

- 1 cup apple puree
- 1 cup milk
- 1 tablespoon sugar
- 1/2 teaspoon vanilla flavouring essence
- 1 egg

Preheat oven to 180c

Mix the apple puree with the milk, sugar and vanilla flavouring essence

Beat the egg well and stir into the mixture.

Pour into a greased oven proof dish.

Bake for 20 minutes or until set.

May be served hot or cold.

Variation - substitute apple puree for mashed banana and add another egg yolk to the egg for more nourishment.

